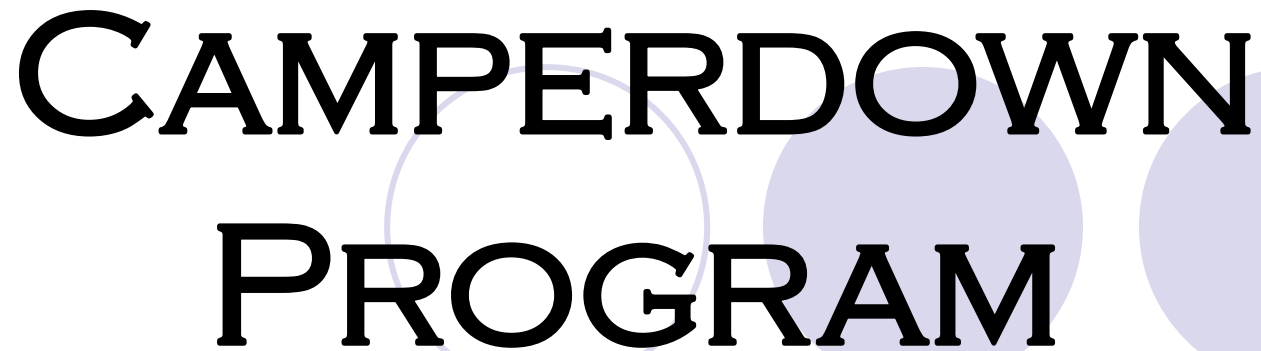


CAMPERDOWN PROGRAM



**PRESENTED BY
JOSIE KILDE AND
CANDACE MARIUCCI**



WHAT IS THE CAMPERDOWN PROGRAM?

- THE CAMPERDOWN PROGRAM IS A BEHAVIORAL TREATMENT FOR ADULTS WHO STUTTER.
- FOUR STAGES:
 - INDIVIDUAL TEACHING SESSIONS
 - GROUP PRACTICE DAY
 - INDIVIDUAL PROBLEM-SOLVING SESSIONS
 - PERFORMANCE CONTINGENT MAINTENANCE STAGE

HOW IS THIS APPROACH CLASSIFIED?

- **THE CAMPERDOWN PROGRAM IS A FLUENCY SHAPING APPROACH**
 - FLUENCY SHAPING MODELS INCLUDE ALTERED VOCALIZATION OR ENHANCEMENT OF THE SPEAKING RHYTHM
 - ASSUMES STUTTERING IS A LEARNED BEHAVIOR
 - HELPS PEOPLE WHO STUTTER FEEL MORE POSITIVE ABOUT THEMSELVES AS COMMUNICATORS



THEORETICAL RATIONALES

- THE CAMPERDOWN PROGRAM TEACHES PROLONGED SPEECH (PS) WITHOUT MAKING REFERENCE TO TERMS OF TRADITIONAL SPEECH TARGETS SUCH AS “GENTLE ONSETS” AND “SOFT CONTACTS”
- CLIENTS ARE ENCOURAGED TO USE WHATEVER FEATURES OF THE PS PATTERN THEY DESIRE TO CONTROL STUTTERING AND ARE FREE TO INDIVIDUALIZE THEIR OWN BEHAVIORS.

STYLE OF PRESENTATION

- **INDIVIDUAL TEACHING SESSIONS**

- 3-5 SESSIONS TO LEARN TO PRODUCE PROLONGED SPEECH IN A 3-MINUTE MONOLOGUE
- PROGRESS TO NEXT STAGE WHEN TWO CLINICIANS AGREE THAT SPEECH IS “STUTTER FREE” FOR 3 MINUTES

- **GROUP PRACTICE DAY**

- 14 CYCLES (6 HAVE THREE 5-MINUTE PHASES, 8 HAVE 20-MINUTE GROUP CONVERSATIONS)
- THE GOAL IS 1-3 ON THE NATURALNESS SCALE AND 1-2 ON THE SEVERITY SCALE

- **INDIVIDUAL PROBLEM-SOLVING SESSIONS**

- 1 HOUR SESSIONS, WEEKLY

- **MAINTENANCE SCHEDULE**

- STEPS ARE SCHEDULED AT INTERVALS OF 2 WEEKS, 2 WEEKS, 4 WEEKS, 4 WEEKS, 8 WEEKS, 12 WEEKS, AND 24 WEEKS
- IF CLIENT FAILS AT ANY STEP, HE/SHE MUST REPEAT IT

MEASUREMENT OF SUCCESS

● 9-POINT RATING SCALE

○ SEVERITY RATING SCALE

- 1 = NO STUTTERING
- 9 = EXTREMELY SEVERE STUTTERING

○ NATURALNESS RATING SCALE

- 1 = EXTREMELY NATURAL SOUNDING SPEECH
- 9 = EXTREMELY UNNATURAL SOUNDING SPEECH

○ USED BY BOTH CLINICIANS AND CLIENTS

○ GOAL IS TO HAVE RATING OF CLINICIAN AND RATING OF CLIENT BE SIMILAR

GENERALIZATION AND MAINTENANCE

- **MAINTENANCE STAGE FOLLOWS A PERFORMANCE-CONTINGENT SCHEDULE**
 - ONE 10-MINUTE WITHIN-CLINIC CONVERSATION
 - THREE CONVERSATIONS RECORDED IN DIFFERENT ENVIRONMENTS
 - MEET PROGRAM CRITERIA
- **DISCHARGE CRITERIA**
 - CLIENTS ARE DISCHARGED IF THEY COMPLETE THE PROGRAM CRITERIA, DO NOT COMPLY WITH PROGRAM REQUIREMENTS, OR WITHDRAW FROM THE TREATMENT PROGRAM

DATA REGARDING SUCCESS RATE

- **12 MONTHS POST-TREATMENT:**
 - SPEECH OUTCOME DATA ARE FAVORABLE
 - PARTICIPANTS SPOKE WITH MINIMAL STUTTERING RATES UP TO 12 MONTHS AFTER ENTRY INTO THE PROGRAM
 - SPEECH RATES WERE WITHIN THE NORMAL RANGE
 - SPEECH NATURALNESS RATES WERE FAVORABLE
 - THERE WAS SOME SIGN OF RELAPSE IN 3 OUT OF 16 PARTICIPANTS 6-12 MONTHS POST-TREATMENT



STRENGTHS AND WEAKNESSES

● STRENGTHS

- LESS TIME TO LEARN THE PROLONGED-SPEECH
- CLINICAL HOURS ARE REDUCED: 20 CLINICAL HOURS CAN PRODUCE SIGNIFICANT OUTCOMES
- ADVANTAGES IN THE VIDEO PROCEDURE: GREATER LIKELIHOOD OF EFFECTIVE LEARNING, IMPROVES OPERATIONS OF THE TREATMENT PROCESS, PARTICIPANT IMITATES THE EXEMPLAR ON THE VIDEO
- DOES NOT INVOLVE ONLINE JUDGMENT OF STUTTERING MOMENTS: BYPASSES PROBLEMS OF CLINICIAN UNRELIABILITY ONLINE

● WEAKNESSES

- THIS IS A NEW WAY OF TEACHING PROLONGED SPEECH. THE PROCEDURE DOES NOT INVOLVE PROGRAMMED INSTRUCTION.
- DOES NOT DEAL WITH SELF-ESTEEM ISSUES

WOULD WE RECOMMEND THIS APPROACH?

● YES!

- THE CAMPERDOWN PROGRAM IS SUITABLE FOR ADULT CLIENTS WITH MILD TO SEVERE STUTTERING
- CLIENT DOES NOT HAVE TO DEDICATE WEEKS OF CLINICAL TIME
- CLIENT DOES NOT NEED TO LEARN COMPLEX RULES
- CLIENT DOES NOT NEED TO USE SPECIALIZED EQUIPMENT
- TREATMENT INCLUDES USING A MANUAL AND VIDEO TAPE



REFERENCES

- MANNING, W.H. (2001). CLINICAL DECISION MAKING IN FLUENCY DISORDERS (2ND ED.). SAN DIEGO: SINGULAR.
- O'BRIAN, S., ONSLOW, M., CREAM, A., & PACKMAN, A. (2003). THE CAMPERDOWN PROGRAM: OUTCOMES OF A NEW PROLONGED-SPEECH TREATMENT MODEL. *JOURNAL OF SPEECH, LANGUAGE, AND HEARING RESEARCH*, 46(4)933-948.
- ONSLOW, M. (2000). STUTTERING TREATMENT FOR ADULTS. *CURRENT THERAPEUTICS*, 73-76.
- CAMPERDOWN PROGRAM TREATMENT MANUAL (2003). ASRC. RETREIVED FROM [HTTP://WWW3.FHS.USYD.EDU.AU/ASRCWWW/TREATMENT/CAMPERDOWN.HTM](http://www3.fhs.usyd.edu.au/asrcwww/treatment/camperdown.htm). ON 12/6/05.